

Orange Senior Center 216-831-8601 x 5700

April 2010

Senior Independence Adult Day Care meets Wednesdays, Thursdays & Fridays at 10 am

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		B = Blue Room P = Purple Room G = Green Room © = Clinic	*New Session	1 9:00 AARP Tax Aide (G) 9:30 BP Nurse © 10:15 Strength & Stretch (B) 1:00 Take Charge (B)	2 Closed for Holiday	3
4	5 8:00 Walking 9:30 Drop in Bridge (G) 9:30 Cardio & Core (B) 9:45 Bridge IV (P) 10:00 Massage © 12:15 Majhong (G) 1:30 Line Dance (P)	6 9:00 Morning Painting (P) 10:15 Strength & Stretch (B) 12:30 Afternoon Painting (P) 6:00 Water Strokes	7 8:00 Walking 9:30 Cardio & Core (B) Noon Handwork (G) 1:30 Zumba (B) 6:00*Greeting Cards	8 9:00 Greeting Cards (G) 9:30 BP Nurse © 10:15 Strength & Stretch (B) 12:00 AARP Tax Aide (G) 1:00 Take Charge (B)	9 9:30 Cardio & Core (B) 12:30 Bridge (B) 12:30 Lunch Bunch Geraci's Pizza-Cash only PPLC	10
11	12 8:00 Walking 9:30 Podiatry © 9:30 Drop in Bridge (G) 9:30 Cardio & Core (B) 9:45 Bridge IV (P) 12:15 Majhong (G) 1:00 Manicure/Pedicure © 1:30 Line Dance (P)	13 9:00 Morning Painting (P) 10:15 Strength & Stretch (B) 12:30 Afternoon Painting (P) 1:00 Low Vision (B) 6:00 Water Strokes	14 8:00 Walking 9:30 Cardio & Core (B) Noon Handwork (G) 1:30 Zumba (B) 2:45 Movie "The Young Victoria" (B)	15 9:30 BP Nurse © 10:15 Strength & Stretch (B) 1:00 Take Charge (B) 3:30 Caregiver Support (G)	16 9:30 Cardio & Core (B) 12:30 Bridge (B)	17
18	19 8:00 Walking 9:30 Drop in Bridge (G) 9:30 Cardio & Core (B) 9:45 Bridge IV (P) 10:00 Massage © 12:15 Majhong (G) 1:30 Line Dance (P)	20 9:00 Morning Painting (P) 9:30 Volunteer Breakfast (B) 12:30 Afternoon Painting (P) 1:00 Hungarian Club (B)	21 8:00 Walking 9:30 Cardio & Core (B) 10:00 Dolls for Hillcrest (G) Noon Handwork (G) 1:30 Zumba (B)	22 8:45 Cleveland Orchestra Trip 9:30 BP Nurse © 10:15 Strength & Stretch (B) 1:00 Take Charge (B)	23 9:30 Cardio & Core (B) 12:30 Bridge (B)	24
25	26 8:00 Walking 9:00 Podiatry © 9:30 Drop in Bridge (G) 9:30*Cardio & Core (B) 9:45 *Bridge V (P) 11:30 Dolls for CPS (G) 1:00 Manicure/Pedicure © 1:30 *Line Dancing (P)	27 9:00 Morning Painting (P) 10:15*Strength & Stretch (B) 12:30 Afternoon Painting (P) 6:00 *One Stroke Painting	28 8:00 Walking 9:30 *Cardio & Core (B) 10:30 OSACA (B) Noon Handwork (G) 1:30 Zumba (B) 2:45 Movie "The Blind Side"	29 9:30 BP Nurse © 10:15*Strength & Stretch (B) 1:00 Take Charge (B)	30 9:30*Cardio & Core (B) 12:30 Bridge (B)	